



### Tuesday 16 May 2023

8:00 - 9:00 registration

Lecture room P6	Lecture room U10
<b>9:00 - 11:00 discussion by invited speakers from all sections</b>	
11:00 - 11:30 coffee break (Creative HUB)	
11:30 - 13:15 Movement as a means of maintaining physical and mental health I	11:30 - 13:35 Physical fitness of the current population I
13:15 - 14:30 lunch and poster section (Creative HUB)	13:35 - 14:30 lunch and poster section (Creative HUB)
14:00 - 16:00 Movement as a means of maintaining physical and mental health II	14:30 - 16:25 Physical fitness of the current population II
16:00 - 16:30 coffee break (Creative HUB)	16:25 - 17:00 coffee break (Creative HUB)
16:30 - 18:20 Adaptation mechanisms to stress and extreme conditions I	17:00 - 18:55 Esports: opportunities and threats
18:30 - 20:00 get together dinner (Menza)	19:00 - 20:00 get together dinner (Menza)

### Wednesday 17 May 2023

8:00 - 9:00 registration

Lecture room P6	Lecture room U10
9:00 - 11:00 Education as a tool for the change I	9:00 - 10:30 Workshop - Internationalisation in the field of management and marketing in sport
11:00 - 11:30 coffee break (Creative HUB)	10:30 - 11:00 coffee break (Creative HUB)
11:30 - 13:05 Education as a tool for the change II	11:00 - 13:00 Nutrition and population health I
13:05 - 14:00 lunch and poster section (Creative HUB)	13:00 - 13:45 lunch and poster section (Creative HUB)
14:00 - 15:35 Adaptation mechanisms to stress and extreme conditions II	13:45 - 15:35 Nutrition and population health II
<b>15:40 - 16:30 ceremonial announcement of the competition results</b>	

### ACCOMPANYING PROGRAM - Tuesday 16 May 2023

VIRTUAL REALITY - Lecture room P1	MOBILE LAB - Lecture room U12
9:00 - 18:30 virtual tennis	13:30 - 18:30 measurement of DHEA in saliva
9:00 - 18:30 virtual hockey	13:30 - 18:30 body composition measurement
	13:30 - 18:30 cognitive and creative tests

### ACCOMPANYING PROGRAM - Wednesday 17 May 2023

VIRTUAL REALITY - Lecture room P1	MOBILE LAB - Lecture room U12
9:00 - 14:00 virtual tennis	9:00 - 13:00 measurement of DHEA in saliva
9:00 - 14:00 virtual hockey	9:00 - 13:00 body composition measurement
	9:00 - 13:00 cognitive and creative tests



# SCIENTIA MOVENS

FAKULTA TĚLESNÉ VÝCHOVY A SPORTU | PRAHA  
UNIVERZITA KARLOVA



**16. - 17. 5. 2023**

**Tuesday 16 May - lecture room U10 (11:30 - 13:35)**

## Physical fitness of the current population I

time	speaker	name of the speaker	title of the contribution	charing person
11:30 - 12:00	keynote	Gregor Starc	Experience with population testing in Slovenia under SLOFIT programme	Vendula Soukupová
12:00 - 12:30	keynote	Martin Matoulek	Obesity and physical activity in the Czech Republic 2000-2021	
12:30 - 12:50	academic	Ishak Kovač	miRNA and physical performance	
12:50 - 13:05	student	Farwa Baber	Prospects of mRNA as early-stage muscle damage biomarkers	
13:05 - 13:20	student	Çağatay İnallı	Effects of post-activation performance enhancement (PAPE) on swimming: A systematic review	
13:20 - 13:35	student	Dominik Puda	No evidence of the interference effect in healthy recreationally active men	

**Tuesday 16 May - lecture room U10 (14:30 - 16:25)**

## Physical fitness of the current population II

time	speaker	name of the speaker	title of the contribution	charing person
14:30 - 15:00	keynote	Vendula Pánková	The menstrual cycle and the changes associated with it	Tomáš Perič
15:00 - 15:20	academic	Jana Jaklová Dytrtová	Hormonal cycles: Introduction of the project	
15:20 - 15:40	academic	Tereza Hybská	The influence of the menstrual cycle on the performance of Czech sportswomen	
15:40 - 15:55	student	Vendula Soukupová	Optimization of physical load, strength training, exercise and diet during the menstrual cycle	
15:55 - 16:10	student	Michaela Beníčková	Influence of circadian rhythm and menstrual cycle on sports performance in women	
16:10 - 16:25	student	Bohuslav Cabrnach	Decline in heart rate as a predictor for $VO_{2max}$ and anaerobic threshold	

**Tuesday 16 May - lecture room P6 (11:30 - 13:15)**

## Movement as a means of maintaining physical and mental health I

time	speaker	name of the speaker	title of the contribution	charing person
11:30 - 12:00	keynote	Jana Jaklová Dytrtová	DHEA and brain aging	Klára Daďová
12:00 - 12:20	academic	Tereza Nováková	Critical periods and situations limiting physical activity as a prerequisite for future health benefits in children and adolescents	
12:20 - 12:40	academic	Michal Šteffl	Healthy aging of the population	
12:40 - 13:00	academic	Markéta Krivánková	Neurotraining as a means to improve balance and coordination abilities in seniors	
13:00 - 13:15	student	Vladan Oláh	Determination of the influence of the load carried and the height of the jump on the kinematics and kinetics of the lower limbs in military personnel	

**Tuesday 16 May - lecture room P6 (14:00 - 16:05)**

## Movement as a means of maintaining physical and mental health II

time	speaker	name of the speaker	title of the contribution	charing person
14:00 - 14:30	keynote	Hana Georgi	Cognitive superaging and physical activity	Michal Šteffl
14:30 - 15:00	keynote	Krzysztof Durkalec-Michalski	Applied sports supplementation in physical training	
15:00 - 15:20	academic	Klára Daďová	Physical activity profile in cognitively superior women over 80 years of age	
15:20 - 15:35	student	Tomáš Mika	Combining event-based ecological momentary assessment and ambulatory heart rate variability monitoring to explore associations between subjective feelings of stress and their biological correlates	
15:35 - 15:50	student	Vojtěch Nesvatba	The effect of rapid weight reduction on performance in combat sports	
15:50 - 16:05	student	Martin Čupka	Hungry runners: Low energy availability in endurance-trained men and its impact on performance and health	

**Tuesday 16 May - lecture room P6 (16:30 - 18:20)**

## Adaptation mechanisms to stress and extreme conditions I

time	speaker	name of the speaker	title of the contribution	charing person
16:30 - 17:00	keynote	Jitka Žurmanová	Cardioprotective potential of exposure to moderate cold	Jana Dytrtová
17:00 - 17:20	academic	Radim Jebavý	Practical benefits of cold Hardening in athletes	
17:20 - 17:35	student	František Galatík	Cold acclimation and cardiac arrhythmia	
17:35 - 17:50	student	Daniel Vašek	Cold adaptation - changes in the immune system	
17:50 - 18:05	student	Patrik Berta	Structure of performance in sport climbing	
18:05 - 18:20	student	Jakub Pidrman	Arteriovenous anastomosis and its effect on performance	

**Tuesday 16 May - lecture room U10 (17:00 - 18:55)**

## Esports: opportunities and threats

time	speaker	name of the speaker	title of the contribution	charing person
17:00 - 17:30	keynote	Cameron Vanloo	Value of coaching qualifications in esports	Zdeněk Ledvína
17:30 - 17:50	keynote	Helena Vomáčková	Physiotherapy in esports	
17:50 - 18:10	speaker	Martin Roháček	Esport in data	
18:10 - 18:25	student	Jan Kovářik	The influence of esports on man professional computer players' musculoskeletal system in Czech Republic	
18:25 - 18:40	student	Richard Jarošík	4 keys to success	
18:40 - 18:55	student	Noroozi Fakhabi Amin (online)	A machine learning approach for prediction of esports players skill levels using sensor data	



Wednesday 17 May - lecture room U10 (11:00 - 12:50)

Nutrition and population health I				
time	speaker	name of the speaker	title of the contribution	charing person
11:00 - 11:30	keynote	Libor Červenka	<i>Plectranthus</i> sp. as an effective support in the treatment of colds	Lucie Korecká
11:30 - 11:50	academic	Jáchym Šimsa	Anthropometric indicators of soldiers of the 13 <sup>th</sup> artillery regiment	
11:50 - 12:05	student	Kristýna Dvořáková	Relative energy deficiency in sports (RED-S)	
12:05 - 12:20	student	Jakub Lukavský	Biological maturation and selected parameters of body composition in young soccer players	
12:20 - 12:35	student	Viktorie Bulínová	The influence of body weight manipulation on the organism of combat sports women	
12:35 - 12:50	student	Barbora Blechová	Focused shock wave effect (fESWT) and McKenzie exercises for facet low back pain	

Wednesday 17 May - lecture room U10 (13:45 - 15:35)

Nutrition and population health II				
time	speaker	name of the speaker	title of the contribution	charing person
13:45 - 14:15	keynote	Petr Ryšávka	Gut microbiom and nutrition	Zdeněk Hostomský
14:15 - 14:45	keynote	Jakub Abramson	Vitamin D - god Janus of the immune system	
14:45 - 15:05	academic	Kateřina Bartheldi	Effect of nutrition on health and sports performance in practice	
15:05 - 15:20	student	Adam Wágner	The relationship between strength training and the gut microbiome	
15:20 - 15:35	student	Ivana Stará	Microbial testing of raw bread	

Wednesday 17 May - lecture room P6 (9:00 - 11:00)

Education as a tool for the change I				
time	speaker	name of the speaker	title of the contribution	charing person
9:00 - 9:30	keynote	Karel Kovář	Physical education, teaching and support of physical activity in regional school system in year 2022	Kamil Kotlík
9:30 - 9:50	academic	Radmila Dytrtová	Self-analysis of the lifestyle of future teachers of secondary vocational schools	
9:50 - 10:10	academic	Ilona Pavlová	New trends: A systemic analysis of the volunteer as a component of the implementation of future sporting events	
10:10 - 10:30	academic	Monika Pavlíková	The importance of volunteering for individuals and for society at para sports events from the point of view of work and personal well-being	
10:30 - 10:45	student	Petr Bezděk	Roma integration, movement, and mental health	
10:45 - 11:00	student	Jan Reiser	Impact of the Covid-19 pandemic on the lifestyle and physical activity of secondary schools teachers	

Wednesday 17 May - lecture room P6 (11:30 - 13:05)

Education as a tool for the change II				
time	speaker	name of the speaker	title of the contribution	charing person
11:30 - 12:00	keynote	Kamil Kotlík	Education as the tool of the involvement in physical activity	Antonín Jančařík, Radmila Dytrtová
12:00 - 12:20	academic	Vít Třebický	Evidence derived distributions of effect sizes: An example from caffeine ergogenics	
12:20 - 12:35	student	Bianca Maria Laroëre	The effects of coach-created motivational climate in rhythmic gymnastics	
12:35 - 12:50	student	Tereza Viplerová	Evaluation of the quality of support activities at the Charles Univerzity	
12:50 - 13:05	student	Veronika Krause	Evaluation of the production efficiency of professional football clubs	

Wednesday 17 May - lecture room P6 (14:00 - 15:35)

Adaptation mechanisms to stress and extreme conditions II				
time	speaker	name of the speaker	title of the contribution	charing person
14:00 - 14:30	keynote	Hynek Heřman	Telemedicine - Hybrid care in pregnancy and antenatal care	Ishak Kováč
14:30 - 14:50	academic	Michal Jakl	The effect of short movement activity with maximum effort on miRNA expression	
14:50 - 15:05	student	Miroslav Grobár	The effect of biological age on selected components of game performance in young soccer players	
15:05 - 15:20	student	Dávid Žigo	The effect of conscious breath control on running economy	
15:20 - 15:35	student	Rastislav Frass	The effect of conscious breath control on running economy	

Wednesday 17 May - lecture room U10 (9:00 - 10:30)

Workshop - Internationalisation in the field of management and marketing in sport

